



TRAIL RUNNING FESTIVAL

BY **UTMB®**

RUNNER GUIDE

SEPTEMBER 17 - 20, 2026



UTMB®
WORLD SERIES

OFFICIAL UTMB® WORLD SERIES PARTNERS

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SCHEDULE

FRIDAY, SEPTEMBER 18, 2026			
START	END	EVENT	LOCATION
TBD		HOKA Shakeout Run	Natural Chimneys Park
9 AM	6 PM	Basecamp: - Bib Pick-Up 100M Pacer Check-In: There is no pacer check-in at aid stations. All pacers must check themselves in at the expo. - Official Grindstone Running Festival by UTMB® Merchandise Store	Natural Chimneys Park
12 PM		Runner Briefing	Natural Chimneys Park
12:45 PM	1:30 PM	Laugh & Run Comedy Show with Tommy McClellan-Willard	Natural Chimneys Park
2 PM	3:50 PM	Live Music featuring Dr. How and the Reasons To Live	Natural Chimneys Park
4 PM		Runner Briefing	Natural Chimneys Park
	4 PM	100M Drop Bags	Natural Chimneys Park
4:30 PM	5:30 PM	Live Music featuring Dr. How and the Reasons To Live	Natural Chimneys Park
6 PM		100 Mile Race Starts *All bibs must be picked up 10 minutes before the start	Natural Chimneys Park
SATURDAY, SEPTEMBER 19, 2026			
START	END	EVENT	LOCATION
	5 AM	100K Drop Bags	Natural Chimneys Park
5 AM	7:50 AM	Race Morning Bib Pick-Up *All bibs must be picked up 10 minutes before the start of each distance	Natural Chimneys Park
6 AM		100K Race Starts	Natural Chimneys Park
7 AM		50K Race Starts	Natural Chimneys Park
8 AM		21K Race Starts	Natural Chimneys Park
8 AM	7 PM	Basecamp: Official Grindstone Running Festival by UTMB® Merchandise Store	Natural Chimneys Park
11 AM	2 PM	Live Music featuring Dr. How and the Reasons To Live	Natural Chimneys Park
1 PM		21K Awards Ceremony	Natural Chimneys Park
12 PM		50K Awards Ceremony Male Overall Only	Natural Chimneys Park
12:45 PM		50K Awards Ceremony Female Overall Only	Natural Chimneys Park
5 PM		100K Award Ceremony Male Overall Only	Natural Chimneys Park
7 PM		100K Awards Ceremony Female Overall Only	Natural Chimneys Park
SUNDAY, SEPTEMBER 20, 2026			
START	END	EVENT	LOCATION
9 AM		100 Mile Awards Ceremony	Natural Chimneys Park
9 AM	11 AM	Basecamp: Official Grindstone Running Festival by UTMB® Merchandise Store	Natural Chimneys Park

ADDRESS

Natural Chimneys Park
94 Natural Chimneys Ln, Mount Solon, VA 22843



BIB PICK-UP

BIB PICK-UP

Runners must pick up their own bib during the below hours.

BASECAMP (EXPO) PICK-UP

- Friday, September 18 from 9 AM to 6 PM

RACE MORNING PICK-UP

- Saturday, September 19 from 5 AM to 7:50 AM (all bibs must be picked up 10 minutes before the start).

WHAT TO BRING

- Your registration QR code
 - * Your QR code and bib number will be sent via email on Wednesday of race week
- Passport or Valid Photo ID

BIB PICK-UP STEPS

1. Show your registration QR code
2. Present photo ID to volunteers to begin check-in process and receive bib number.
3. Pick up bib.
4. Pick up runner giveaway items.

Visit the Runner Services Table for any registration questions. Please note, we are not able to offer distance changes into sold out events and there are no distance changes on race day.

RUNNER WRISTBAND

Runners will receive a wristband printed with their race distance during Bib Pick-Up. This band will identify you as an official runner and must be worn during the event at all times.



MEDICAL INFORMATION

If you have a known medical condition, we highly advise that you take the following steps:

- Stop by the Runner Services Table at Bib Pick-Up to get a special race day wristband on which you should write the details of your medical condition(s).
- Write the details of your medical condition(s) on the back of your runner bib, which you will receive in your race packet.

The medical information that is placed on your wristband and runner bib.

PRIORITY CHECK-IN

UTMB+ Priority Check-In will be available during Basecamp (expo) hours for Level 2 (Trailblazer) and Level 3 (Summit) runners. For more information or to check your status, please [CLICK HERE](#).

PRE-RACE INFORMATION

PHYSICAL ADDRESSES

BASECAMP (EXPO) & RACE START

Natural Chimneys Park
94 Natural Chimneys Ln, Mount Solon, VA 22843

RUNNER BRIEFINGS

Runner Briefings will be held in the days preceding the race. Please refer to the schedule for times and locations of the Runner Briefings. Runner Briefings will consist of a Question and Answer session with race management to address any issues, concerns, or changes that have arisen during race week.

COMMAND CENTER NUMBER

The Command Center Number is: 813-422-9195

Please save this number in your phone. This number will also be printed on the front of every bib towards the center at the bottom.

Carrying a mobile/cell phone with international roaming that works in the USA is required as mandatory gear for all race distances.

Please call or text this number for any of the reasons below:

- An emergency situation where you or another runner are unable to make it to an Aid or Medical Station
- You abandon the course (dropout from the race) for any reason, and unable to notify a race official. Please include the following when communicating with The Command Center:
 - Bib number
 - Reason for your drop-out
 - Location of your drop-out
 - If you have transportation off course

ATTENTION RUNNERS

Show your appreciation to a Volunteer!

Runners will receive a UTMB Cares wristband during bib pick-up and are encouraged to gift the wristband to a volunteer that exemplifies the UTMB Cares values of solidarity, respect, inclusivity, authenticity, and humility. We are so grateful to each volunteer, and we're excited for this opportunity to show our thanks during race weekend.

- ✓ **Wear it!**
- ✓ **Give it!**
- ✓ **Thank (& Race)
Your Heart Out!**



FOR THE LONG RUN



MAFATE 5

Built to absorb the toughest terrain
for a smooth and steady ride.

HOKA[®]

RUNNER TRACKING & RESULTS

WHERE'S MY RUNNER?

LOOKING FOR YOUR RUNNER? SEE BELOW FOR HELPFUL TIPS!



- Not all Aid Stations will have tracking, so don't panic if you don't see a time for your runner.
- Limited cellular and satellite connectivity may cause delays in runner tracking updates, and some aid stations may report times more frequently than others

Q: My runner should have checked in by now. Where are they?

A: No need to worry! There are plenty of reasons they may not show as checked in:

- Tracking is not available at that location.
- Connectivity is limited, and tracking updates may be delayed.
- The course includes a variety of terrain, with some sections being more challenging than others, so it's completely normal for runners to move a bit behind their expected pace at times.

* Anticipate up to a 2-hour delay in your runner tracking for any of these reasons

Q: Who should I contact if I'm having trouble tracking my runner?

A: Our experienced Runner Tracking Team works diligently to ensure all runners are on course, safe, and accounted for. They use the same LiveTrail software as the app, so you'll see the same location updates when your runner checks in.

Your runner's safety is our top priority! Our Runner Tracking Team has proven procedures in place to quickly identify and locate any runner who may go off course, ensuring they are safely accounted for throughout the event.

RUNNER TRACKING

[LIVETRAIL.NET](https://livetrail.net) will be available to track runners throughout the event. Please note these are timing splits at certain checkpoints on the course and are NOT live/GPS tracking. Due to the remote nature of these locations there may be possible delays on LiveTrail updating.

TIMING

The race will be timed by LiveTrail using chips located on the bibs. The chips are automatically recorded at the Start Line, various Aid Stations, timing locations and the Finish Line. Please refer to the "How to Wear Your Bib" section in the Runner's Guide for the proper way to wear your bib so the chip is not damaged and is properly recorded.

PLEASE NOTE: All runners in the race must wear their race bib with the tag intact in order to have their times recorded. No bib = no time! Please make sure the race bib is pinned on your front and is visible throughout the race.



TRACK YOUR RUNNER:

To follow your runner's progress on race day, download the LiveTrail Tracker app to your smartphone.

PARKING

VENUE PARKING



AID STATION PARKING

CREW AND SPECTATORS ONLY ALLOWED AT THE NAMED LOCATIONS. Please [CLICK HERE](#) to view permitted locations on a map.

Crew and spectators are permitted at North River Gap, Dowells Draft, and Camp Todd. Please use the link above for reference.

Runners may be disqualified if their crew/spectators do not follow parking rules at these locations. They also risk disqualification if crew/spectators try to crew or spectate at any other location. This is for runner safety and permit restriction.

THERE IS ABSOLUTELY NO CAMPING OF ANY KIND IN THE FRONT PARKING FIELD. ANYONE CAUGHT CAMPING WILL RISK DISQUALIFICATION OF THEMSELVES OR THEIR RUNNER. THIS IS A PERMIT REQUIREMENT.



BE PART OF VIBRAM

RESOLE YOUR SHOES
WITH VIBRAM
AND ENHANCE
YOUR PERFORMANCE.



**FIND YOUR
COBBLER**

VIBRAM.COM/SHOE-REPAIR-LOCATOR

SPREAD THE VOICE @VIBRAM



CONFIDENCE
IN EVERY STEP



**PUSH HARDER, RUN STRONGER
WITH COMPRESSPORT
BY YOUR SIDE.**



R2 3.0 CALF SLEEVES

**WHEREVER YOU RACE,
WE SUPPORT YOU.**

RACE DAY INFORMATION

DROP POLICY

Runners are encouraged to withdraw from the race only at Aid Stations. This will help Race Management ensure all runners are safely accounted for. All runners **MUST** notify the Aid Station Captain that they are withdrawing, and turn their bib in. If a runner is unable to withdraw at an Aid Station, they **MUST** notify Race Management at the Timing Tent located at the Finish Line, or by calling the Emergency Number on their bib: **813-422-9195**.

In the event that you do not finish (DNF) the race, race management is required to collect your bib at the Aid Station. This is essential for runner accountability and ensures that our command team can confidently confirm the course is clear at the end of the day. We understand that bibs hold sentimental value for many runners. If you'd like your bib returned, we can hand it back after the course is cleared. Please note that this may take several hours after the final course cut-off, as bibs are retrieved from remote aid stations. Please attend the award ceremonies to check if bibs have been returned by that time. If so, we can distribute them during that window only. Thank you for your understanding as we prioritize runner safety.

WEATHER

Please check the weather before race day. Weather can range from hot temperatures to snowy mountain tops this time of year. [CLICK HERE](#) to check the weather in the area prior to race day. Please be sure to also check the weather conditions getting to and from the race if you plan on driving. Refunds are not given in the case that weather impacts your arrival time.

Race management continuously monitors thunderstorms, flooding, heat, cold, air quality, and other hazards. Start delays, aid station holds, course modifications, mandatory gear changes, or race stoppages may occur at any time.

MEDICAL INFORMATION FOR RUNNERS

Emergency medical care will be provided at every aid station and the finish line. Participation in this event is at the runner's own risk. Adequate training is essential. Runners are encouraged to consult with their medical provider prior to the event. Please be sure to notify race staff of any medical condition or allergies. You can place all this information on the back of your race bib. Runners' crews must be prepared, anticipate runners' needs, and provide basic care. This includes hydration and nutrition specific to the runner based on experience and tolerance, aside from race provided supplies. Runners may experience nausea and vomiting during the race. This can be for a variety of reasons, most commonly over-hydration, under-hydration, heat stress and altitude exposure. It is advised the runner always "drinks to thirst", avoiding over or under hydration. Be sure to seek medical attention if symptoms continue or worsen.

SWEEP TEAM

There will be a Sweep Team covering every section of trail for all distances. They are equipped with GPS tracking devices, radios, and are tracked by and in constant communication with race command to help ensure the safety of runners. It is also good practice if you leave the trail to leave a belonging on the trail to help notify the Sweep Team.

TREKKING POLES

Trekking poles will be allowed for all distances. Please be cautious around other runners while using them.

ROAD SAFETY

Runners will at times during this event be running on dirt roads that could possibly be shared by OHV/UTV/4X4 vehicle's. Please always be aware of your surroundings and use caution during these sections of the course. Headphones are discouraged during these sections of the course. Always look before crossing these roads.

RACE DAY INFORMATION

COURSE CUT-OFF

Refer to the aid station chart for specific distance information on course cutoffs.

Cut-off times are calculated with the following considerations:

- Safety of all participants including, but not limited to runners, volunteers, medical staff, and search & rescue.
- Remoteness of certain sections of trail.
- Access to certain sections of trail.
- Conditions of certain sections of trail.

The race organization reserves the right to add or change any listed cut-off times prior to and during the race. The race organization reserves the right to remove a runner from the course and remove their bib, if it determines there is no possibility of an athlete finishing before the listed cutoff times based on their location, time, and average pace.

A runner MUST leave an Aid Station prior to the cut-off time, or they will be considered a Drop, and their bib will be removed. A runner cannot leave an Aid Station behind the Course Sweeps. **NO EXCEPTIONS!** A runner also cannot leave the Aid Station prior to the cut-off time, then return to the Aid Station, or receive assistance from their crew. Any runner leaving the Aid Station prior to the cut-off, must continue on the marked course. Any runner arriving to an Aid Station after the cut-off time will be considered a Drop and their bib will be removed. **NO EXCEPTIONS!**

For permitting reasons, and the continuation of the event, the safety of all runners, volunteers, safety personnel, and race staff, the cut-off times and rules must be honored and respected for all UTMB events.

AID STATIONS

Aid stations will be located throughout the course. The general offerings are as follows:

- Nutrition: Naak Drink Mix and Naak Gels; assorted fruits; soda; assorted sweets & salty snacks; peanut butter & jelly sandwiches; and other assorted food
 - Not all aid stations will offer full Naak nutrition offerings.
- Runner Care: Basic first aid/blister care; bug spray; sunscreen; lubrication for chaffing; feminine products
- Refer to the aid station chart for detailed information on aid station offerings by distance.
 - HS - Hydration Station
 - AS - Aid Station

CREW RULES

Crews will be allowed in the 100M & 100K ONLY at North River Gap, Dowells Draft (100M), Camp Todd and the finish. Crews must access these areas on their own.

Please visit the distance-specific tab on the event website [HERE](#) to view crew access driving directions.



ULTRA ENERGY™ DRINK MIX

Go longer, go farther.



DROP BAGS

DROP BAGS

AID STATION DROP BAG DROP-OFF (100M & 100K ONLY)

Runners will drop off their bags near the start line. All bags must be dropped by the below times:

- 100M: By 4 PM on Friday, September 18
- 100K: By 5 AM on Saturday, September 19

You will be required to write your name, bib number and Aid Station/location on your bags. Not doing so could result in a bag being delivered to the wrong location. Please do not put anything of great value or any important documents in these bags.

START & FINISH LINE DROP BAG DROP-OFF (ALL DISTANCES)

Drop bags can be dropped off at the start. They will not be transported to any location on course. If you do not retrieve your bag by the Award Ceremonies, they will be donated to a local organization. Please do not put anything of value in these bags.

DROP BAG PICK-UP

AID STATION DROP BAG PICK-UP (100M & 100K ONLY)

The bags will be returned to either the runner or a family member/friend, only upon presentation of the bib number. The bags must be retrieved at Natural Chimneys Park (same location as drop-off) no later 12 PM (noon) on Sunday, September 20. After that time, drop bags are subject to charitable donation.

DO NOT PUT ANYTHING OF GREAT VALUE IN YOUR DROP BAGS!

START & FINISH LINE DROP BAG PICK-UP (ALL DISTANCES)

The bags will not be transported to any location on course. If you do not retrieve your bag by the Award Ceremonies, they will be donated to a local organization. Please do not put anything of value in these bags.

EQUIPMENT

MANDATORY & RECOMMENDED

100M

MANDATORY	RECOMMENDED
1 L of Hydration Capacity	Spare Headlamp
Reusable Cup	Gloves
Running Pack	Valid ID
Cell Phone	
Jacket with Hood	
2 Headlamps & Spare Batteries	
Additional Nutrition (800 kcal - 2 gels & 2 bars)	
Hat	
Whistle	
Survival Blanket	

100K

MANDATORY	RECOMMENDED
1 L of Hydration Capacity	Gloves
Reusable Cup	Valid ID
Running Pack	
Cell Phone	
Headlamp & Spare Batteries	
Additional Nutrition (800 kcal - 2 gels & 2 bars)	
Jacket with Hood	
Hat	
Whistle	
Survival Blanket	

50K

MANDATORY	RECOMMENDED
Cell/Smartphone	Running pack
Personal collapsible cup	ID/Passport
Minimum water supply of 1 L	Headlamp & spare batteries (200 lumens minimum)
Food reserve: 800 kcal (2 gels + 2 bars)	Gloves
Whistle	Jacket with hood
Survival Blanket	Hat

21K

MANDATORY	RECOMMENDED
Personal collapsible cup (15 cl / 5 oz minimum)	Running pack
Minimum water supply of 1/2 liter	Food reserve: 800 kcal (2 gels + 2 bars)
Cell/Smartphone	ID/Passport
Whistle	Gloves
Survival Blanket	Jacket with hood

WEATHER PROTOCOL: GEAR

Hot or Cold Weather Kits may be implemented by Race Management if inclement weather determines it. Please refer to the [RACE REGULATIONS](#) for a full list of the Mandatory Gear, Hot and Cold Weather Kits. It is the runner's responsibility to bring all gear and kits that is or may be required to the race. Race Management may not be able to make the decision to implement the Hot or Cold Weather Kits until a few days out from the event as weather patterns are highly unpredictable and can change on a moment's notice, especially in the mountains.

Mandatory gear must be carried for the duration of the race. Recommended gear is strongly advised based on conditions.

RUNNER BIBS

DO NOT fold your bib under any circumstance.

Make sure you are at the correct race!

Your race distance.

Just so we know who you are, or you forget who you are!

All bibs must be front facing and visible at all times.

Only call this number in an emergency or if you are abandoning the course.



100M

100M M



First Name
LAST NAME

2026

COMMAND CENTER NUMBER: 1 (813) 422-9195

Wear bib clearly visible on the front of your torso.



Wear bib clearly visible on the front of your torso.
Do not cover the bib in any way including jacket, shirt or hydration vest!
Do not remove, fold or wrinkle the timing chip.

Name: _____
T-Shirt Size: _____
Emergency Contact: _____
Emergency Phone: _____
Allergies to Medicines: _____
List of Current Medications: _____
Current Medical Condition(s): _____

UK CE Name/Address: _____ [A-1]
Emergency Contact: _____
Medical Information: _____



Please fill your information out.

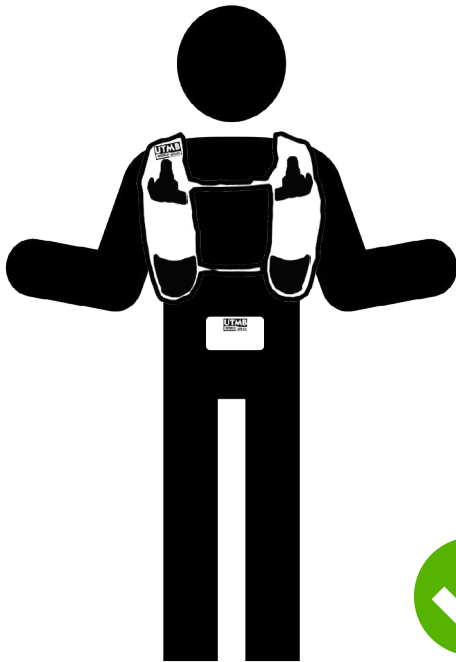
Please fill your Emergency Contact person information out. This should not be someone who is also running the race.

List all your Medical Information here. This is crucial for our Medical Team.

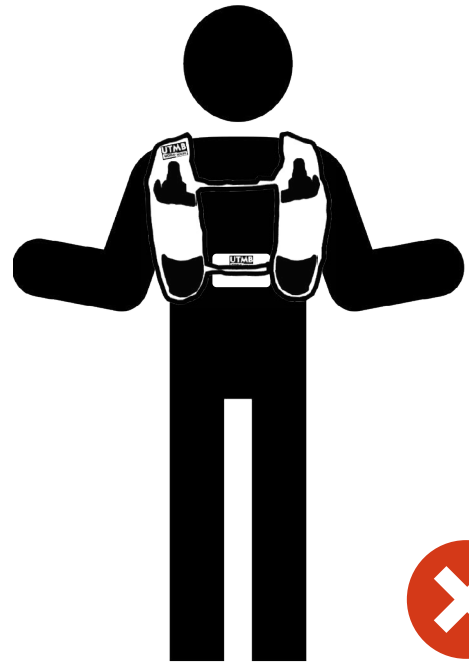
This is where your timing chip will be. Do not bend the bib or damage this chip. This could result in the loss of tracking.

BIB PLACEMENT GUIDE

**PLEASE DO NOT FOLD THE BIBS,
AS THIS WILL DAMAGE THE TIMING CHIP**



**YOUR BIB MUST BE WORN FRONT-FACING
AND REMAIN VISIBLE AT ALL TIMES**



**DO NOT WEAR YOUR BIB
UNDER YOUR VEST**



**DO NOT WEAR YOUR BIB
ON YOUR LEG**



**DO NOT WEAR YOUR BIB
ON YOUR BACK**

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PREMIUM RUNNER SERVICES

NIRVANA, WITH YOU ALL THE WAY TO THE FINISH LINE

THEY LOOKED AFTER MY FAMILY AND
FRIENDS WHILE I WAS ON THE MOUNTAIN

HAVING A DEDICATED ATHLETE
MANAGER IN RESORT MEANT
EVERYTHING WAS HANDLED

THEY PLANTED A
TREE ON MY BEHALF

HOTEL WAS IN A GREAT LOCATION,
PERFECT FOR ALL THE RACE WEEK ACTION!

ONLY ONE BOOKING TO MANAGE
FOR ALL MY FLIGHTS, HOTEL
AND TRANSFERS - A HUGE RELIEF!



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nirvanasportstravel.com



PACERS

PACER GUIDELINES – 100-MILER ONLY

GENERAL RULES

- Pacers are allowed in the 100-mile race only.
- Only one pacer per runner is allowed on the course at any time.
- Pacers must wear a pacer bib while on course—no exceptions.

PACER REGISTRATION & WAIVER

- Each pacer must:
 - Sign their own waiver.
 - Pick up their own bib during designated Expo hours.
- **No pacer registration or bib pickup at aid stations.**
- Be sure to review the Pacer Rules in the Race Regulations before race day.

APPROVED PACER ENTRY POINTS (AID STATIONS)

Pacers may join runners only at the following aid stations:

- Dowells Draft 1
- Dowells Draft 2
- Camp Todd
- North River Gap 2

PACER BIB PICKUP HOURS (BASECAMP/ EXPO HOURS ONLY)

- Friday, September 18 from 9 AM to 6 PM
- Saturday, September 19 from 5 AM to 7:50 AM

*** No bib pickup available outside of these times.**

All pacers must sign their own waiver in order to receive their pacer bib.

DO NOT fold your bib under any circumstance.



Only the 100M allows pacers.

All bibs must be front facing and visible at all times, including pacer bibs.

COURSE MARKINGS

COURSE FLAGGING & RIBBONS

 100M Pink Flags & Ribbons Where night sections may occur, both flags and ribbons will have reflective strips.	 100K White Flags & Ribbons Where night sections may occur, both flags and ribbons will have reflective strips.
 50K Orange Flags & Ribbons	 21K Yellow Flags & Ribbons
 GLOW STICKS For Night Sections	

COURSE SIGNAGE

	Critical Turn Ahead: This indicates a turn or intersection is coming up. Pay close attention to course markings.
	Wrong Way: This indicates a section that is not on the race course. Do not pass these signs. Look for the appropriate course markings or signage to stay on course.
	Directional Arrows: These indicate the direction of travel on course. Follow the direction of the arrow. A left or right arrow sign may also indicate a turn is coming up.
	Course-Specific Directional Arrows: These indicate the direction of travel specific to a course. Follow the direction of the arrow of the race you are in. These signs are at locations where multiple course overlap.

Course markings, race signage, marshals, and race staff instructions always take priority over GPX files, watches, phones, or third-party navigation application.

AID STATION SIGNAGE

Each race distance will be listed at the top to which the below information applies.

100 MILE	100K	50K	HALF MARATHON
 WELCOME TO NORTH RIVER GAP 1 NEXT AID LOOKOUT MTN 5.7 MILES ELEVATION GAIN: 1,615 ELEVATION LOSS: -515	 WELCOME TO LICK RUN 1 NEXT AID WOLF RIDGE 5.7 ELEVATION GAIN: 970 ELEVATION LOSS: -870	 WELCOME TO LICK RUN 1 NEXT AID WOLF RIDGE 5.7 ELEVATION GAIN: 970 ELEVATION LOSS: -870	 WELCOME TO LICK RUN 2 NEXT AID FINISH LINE 4.5 ELEVATION GAIN: 159 ELEVATION LOSS: -552

The name of the aid station you're arriving to.

Distance (miles) to the next aid station.

The name of the aid station after the one you're currently at.

Elevation gain/loss (ft) to the next aid station.

COURSE MARKINGS

ALONG THE TRAIL

All course ribbons will be placed within eyesight of the next one. Look for course ribbons to be placed on the following:

- Trees
- Bushes
- Tied to rocks on the trail
- Forest service trail signage
- Course signage

TURNS & INTERSECTIONS

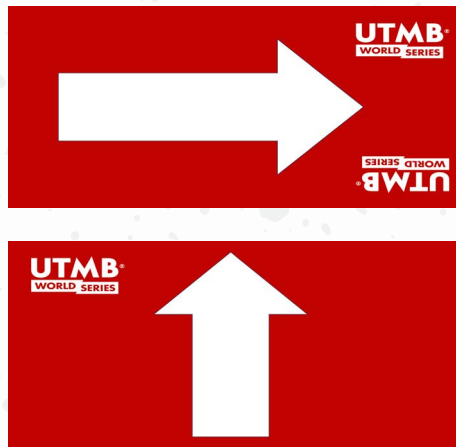
Leading up to a turn, additional markings will be applied to the side of the trail in the direction of the approaching turn. Immediately after the turn is made, additional course markings will be applied to both sides of the trail to serve as "confidence" markers to ensure you made the correct turn and are on course. Directional arrow signage will be placed leading up to and at turns, in the direction of the upcoming turn. Prior to key intersections, a "Critical Turn Ahead" course sign will be added to alert runners leading up to a turn.

WRONG WAY

"Wrong Way" signage will be placed at intersections on trails that are not on the course. Additional "Wrong Way" signage will be placed further down a trail that is not on the course in case the first sign is missed. If you do not see a course marking ribbon or flag within your field of vision, you are most likely off course. Re-trace your steps until you find the correct course marking for your race.

COURSE MARSHALS & ROAD CROSSINGS

Runners must follow and obey all Course Marshals at the locations they are stationed. Where there are road crossings, runners must give the right of way to vehicles and only cross when the Course Marshal allows them to do so.



Eyewear
Astral Sphere

PERFORMANCE
STARTS IN YOUR HEAD.



RUDY
PROJECT

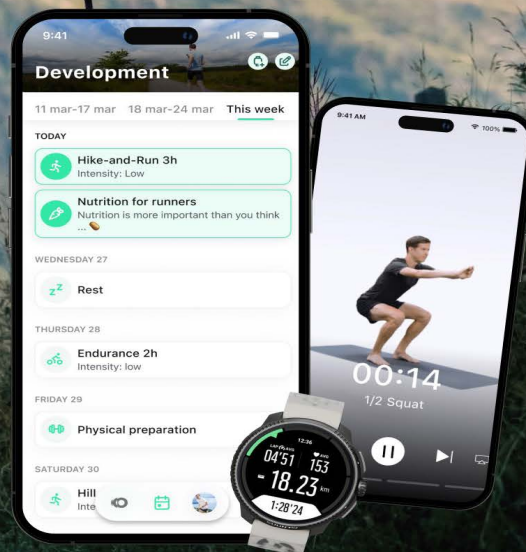
YOU'RE GOING TO LOVE TRAINING!



UTMB®
WORLD SERIES

**RUN
MOTION** COACH

RUNNERS SERVICE



100M COURSE

COURSE INFORMATION

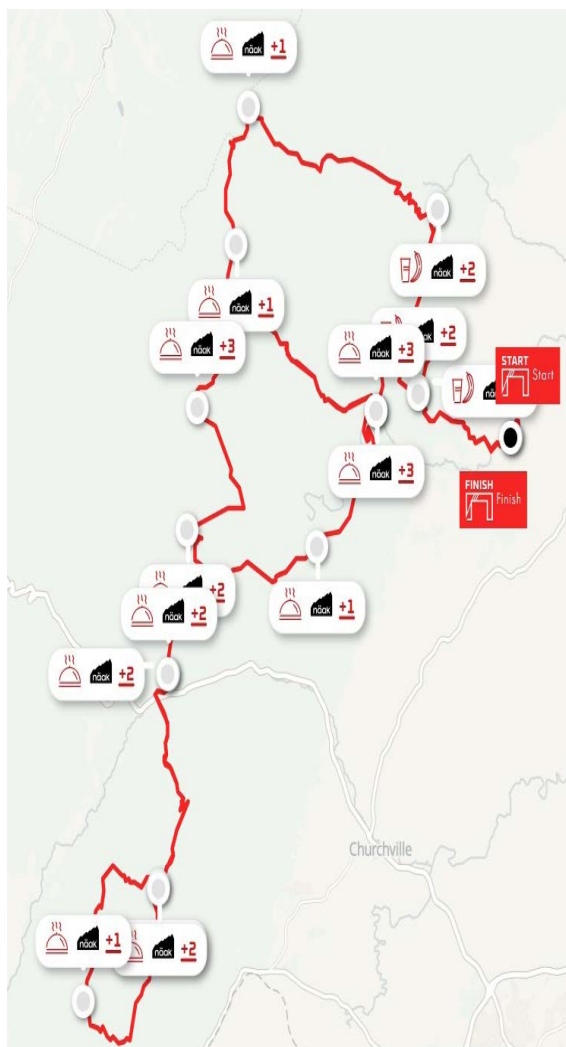
[CLICK HERE](#) to view more information about the 2026 100M course and to download the GPX.

[CLICK HERE](#) to view the 100M CalTopo map. Your recorded distance may vary from our reported distance by as much as +/- one mile due to your device brand/model, recording interval, the terrain, and dense tree canopy cover.

COURSE CUT-OFF

Each runner will have 36 hours to complete the course. There will be intermediate cut-offs along the course as follows:

- Wolf Ridge at 9:30 PM on Friday (Mile 11.4)
- Reddish Knob at 12:30 AM on Saturday (Mile 20.4)
- North River Gap - 1 at 4 AM on Saturday (Mile 32.4)
- Dowells Draft - 1 at 9 AM on Saturday (Mile 45.6)
- Dry Branch Gap - 1 at 11 AM on Saturday (Mile 52.6)
- Dry Branch Gap - 2 at 3:30 PM on Saturday (Mile 64.9)
- Dowells Draft - 2 at 6 PM on Saturday (Mile 71.9)
- Magic Moss at 8 PM on Saturday (Mile 77.1)
- Camp Todd at 9:30 PM on Saturday (Mile 82.1)
- North River Gap - 2 at 1:45 AM on Sunday (Mile 91.8)
- Finish Line at 6 AM on Sunday (Mile 104.0)



100 Mile Aid Station Chart

AS Label	AS Location	AS Mileage	Miles to Next AS	Elev. Gain to Next AS (ft)	Elev. Loss to Next AS (ft)	Cumulative Elev. Gain (ft)	Cumulative Elev. Loss (ft)	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys - Start	0.0	5.7	688	-282					
AS1	Lick Run 1	5.7	5.7	970	-870	688	-282			
AS2	Wolf Ridge	11.4	9.0	3,012	-685	1,658	-1,152	9:30 PM		
AS3	Reddish Knob	20.4	4.0	438	-684	4,670	-1,837	12:30 AM		
AS4	Little Bald Knob	24.4	8.0	1,058	-3,334	5,108	-2,521			
AS5	North River Gap 1	32.4	5.7	1,615	-515	6,166	-5,855	4:00 AM	X	X
AS6	Lookout Mtn	38.1	7.5	1,216	-1,746	7,781	-6,370			
AS7	Dowells Draft 1	45.6	7.0	2,225	-1,564	8,997	-8,116	9:00 AM	X	X
AS8	Dry Branch Gap 1	52.6	6.8	2,021	-2,296	11,222	-9,680	11:00 AM		
AS9	Cold Springs	59.4	5.5	876	-755	13,243	-11,976			
AS10	Dry Branch Gap 2	64.9	7.0	1,564	-2,225	14,119	-12,731	3:30 PM		
AS11	Dowells Draft 2	71.9	5.2	1,140	-862	15,683	-14,956	6:00 PM	X	X
AS12	Magic Moss	77.1	5.0	275	-225	16,823	-15,818	8:00 PM		
AS13	Camp Todd	82.1	9.7	2,704	-3396	17,098	-16,043	9:30 PM	X	X
AS14	North River Gap 2	91.8	7.7	1,042	-1012	19,802	-19,439	1:45 AM	X	X
AS15	Lick Run 2	99.5	4.5	159	-552	20,844	-20,451			
Finish	Natural Chimneys - Finish	104.0				21,003	-21,003	6:00 AM	X	X

****Mileage, elevation gain and loss are based on CalTopo. The above elevation gain/loss data is derived from a segmented GPX file on CalTopo which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch****

Revision 9/2/2026

100K COURSE

COURSE INFORMATION

[CLICK HERE](#) to view more information about the 2026 100K course and to download the GPX.

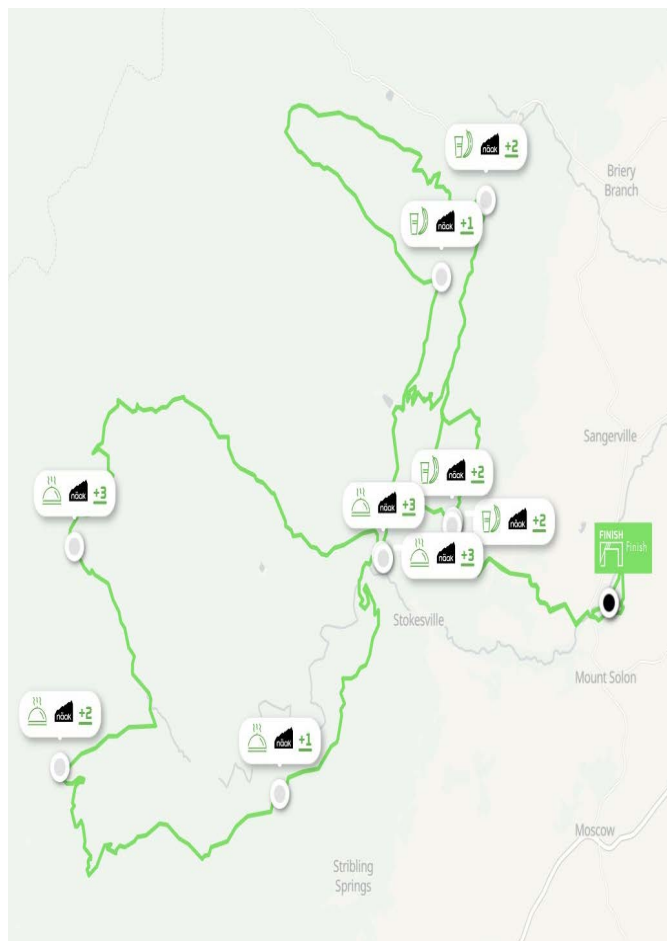
[CLICK HERE](#) to view the 100K CalTopo map.

Your recorded distance may vary from our reported distance by as much as +/- one mile due to your device brand/model, recording interval, the terrain, and dense tree canopy cover.

COURSE CUT-OFF

Each runner will have 18 hours to complete the course. There will be intermediate cut-offs along the course as follows:

- Wolf Ridge at 9 AM (Mile 11.4)
- Sand Spring at 11:45 AM (Mile 21.0)
- North River Gap - 1 at 1 PM (Mile 25.2)
- Magic Moss at 4:30 PM (Mile 38.1)
- Camp Todd at 6 PM (Mile 43.1)
- North River Gap - 2 at 9 PM (Mile 52.8)
- Finish Line at 12 AM (Midnight) (Mile 65.0)



100k Aid Station Chart

AS Label	AS Location	AS Mileage	Miles to Next AS	Elev. Gain to Next AS (ft)	Elev. Loss to Next AS (ft)	Cumulative Elev. Gain (ft)	Cumulative Elev. Loss (ft)	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys - Start	0.0	5.7	688	-282				X	X
AS1	Lick Run 1	5.7	5.7	970	-870	688	-282			
AS2	Wolf Ridge	11.4	9.6	2,280	-2161	1,658	-1,152	9:00 AM		
AS3	Sand Spring	21.0	4.2	127	-550	3,938	-3,313	11:45 AM		
AS4	North River Gap 1	25.2	5.7	1,615	-515	4,065	-3,863	1:00 PM	X	X
AS5	Lookout Mtn	30.9	7.2	1,160	-1,457	5,680	-4,378			
AS6	Magic Moss	38.1	5.0	275	-225	6,840	-5,835	4:30 PM		
AS7	Camp Todd	43.1	9.7	2,704	-3396	7,115	-6,060	6:00 PM	X	X
AS8	North River Gap 2	52.8	7.7	1,042	-1012	9,819	-9,456	9:00 PM	X	X
AS9	Lick Run 2	60.5	4.5	159	-552	10,861	-10,468			
Finish	Natural Chimneys - Finish	65.0				11,020	-11,020	12:00 AM	X	X

****Mileage, elevation gain and loss are based on CalTopo. The above elevation gain/loss data is derived from a segmented GPX file on CalTopo which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch****

Revision 9/2/2026



50K COURSE

COURSE INFORMATION

[CLICK HERE](#) to view more information about the 2026 50K course and to download the GPX.

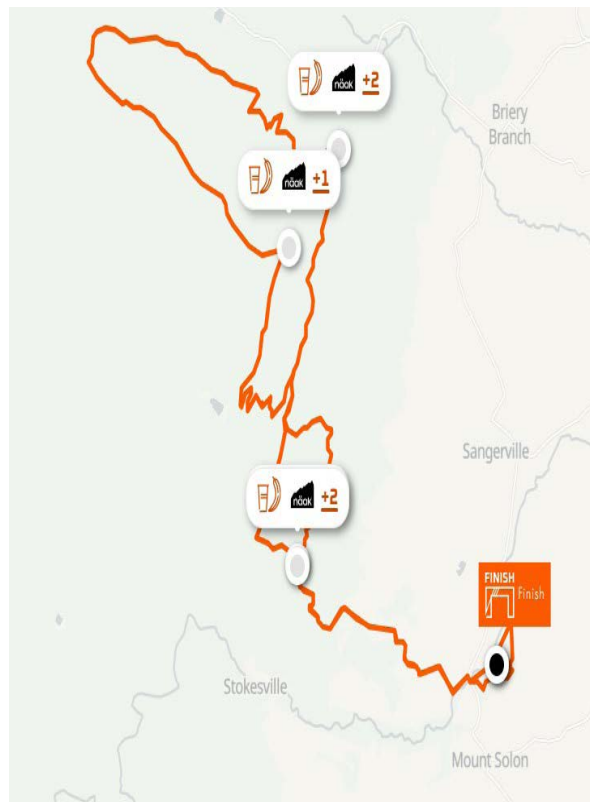
[CLICK HERE](#) to view the 50K CalTopo map.

Your recorded distance may vary from our reported distance by as much as +/- one mile due to your device brand/model, recording interval, the terrain, and dense tree canopy cover.

COURSE CUT-OFF

Each runner will have 9 hours to complete the course. There will be intermediate cut-offs along the course as follows:

- Wolf Ridge at 10 AM (Mile 11.4)
- Sand Spring at 12:45 PM (Mile 21.0)
- Finish Line at 4 PM (Mile 32.5)



50k Aid Station Chart

AS Label	AS Location	AS Mileage	Miles to Next AS	Elev. Gain to Next AS (ft)	Elev. Loss to Next AS (ft)	Cumulative Elev. Gain (ft)	Cumulative Elev. Loss (ft)	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys - Start	0.0	5.7	688	-282				X	X
AS1	Lick Run 1	5.7	5.7	970	-870	688	-282			
AS2	Wolf Ridge	11.4	9.6	2,280	-2161	1,658	-1,152	10:00 AM		
AS3	Sand Spring	21.0	7.0	923	-1,155	3,938	-3,313	12:45 PM		
AS4	Lick Run 2	28.0	4.5	159	-552	4,861	-4,468			
Finish	Natural Chimneys - Finish	32.5				5,020	-5,020	4:00 PM	X	X

****Mileage, elevation gain and loss are based on CalTopo. The above elevation gain/loss data is derived from a segmented GPX file on CalTopo which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch****

Revision 9/2/2026

21K COURSE

COURSE INFORMATION

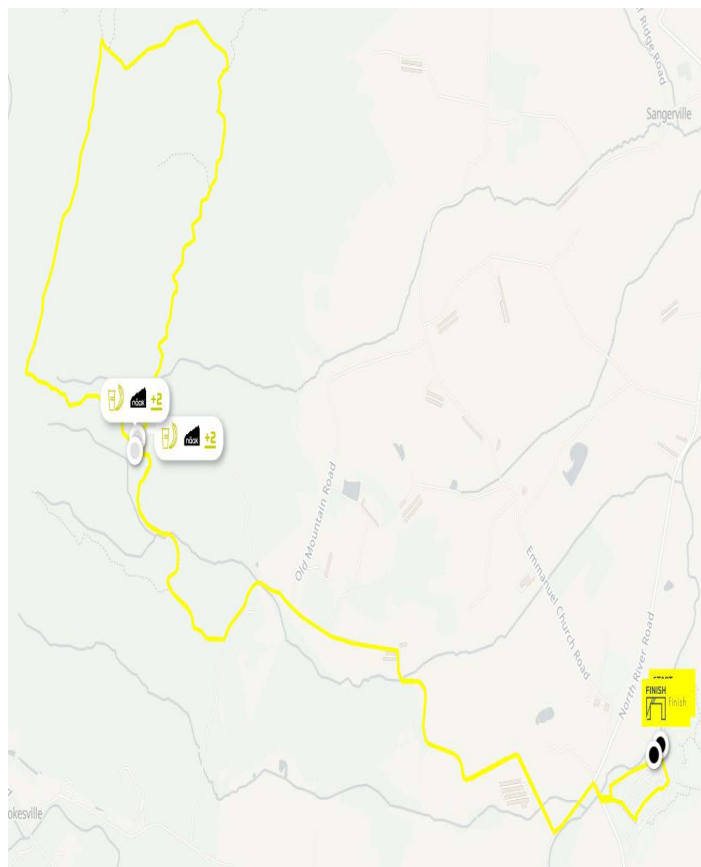
[CLICK HERE](#) to view more information about the 2026 21K course and to download the GPX.

[CLICK HERE](#) to view the 21K CalTopo map.

Your recorded distance may vary from our reported distance by as much as +/- one mile due to your device brand/model, recording interval, the terrain, and dense tree canopy cover.

COURSE CUT-OFF

The course time limit is 6 hours. The only course cut-off on the 21K course will be at the Finish Line at 2 PM. This time is based on runners' start times and projected paces, and is subject to change.



21k Aid Station Chart

AS Label	AS Location	AS Mileage	Miles to Next AS	Elev. Gain to Next AS (ft)	Elev. Loss to Next AS (ft)	Cumulative Elev. Gain (ft)	Cumulative Elev. Loss (ft)	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys - Start	0.0	4.5	552	-159				X	X
AS1	Lick Run 1	4.5	4.5	989	-989	552	-159			
AS2	Lick Run 2	9.0	4.5	159	-552	1,541	-1,148			
Finish	Natural Chimneys - Finish	13.5				1,700	-1,700	2:00 PM	X	X

****Mileage, elevation gain and loss are based on CalTopo. The above elevation gain/loss data is derived from a segmented GPX file on CalTopo which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch****

Revision 9/2/2026

POST RACE INFORMATION

AWARDS CEREMONIES

Awards will be given to the top five overall male and female finishers and first-place male and female in each age group. If you cannot attend the Awards Ceremony, please email GRINDSTONE@SERVICE.BYUTMB.WORLD to have your award shipped to you. Shipping fees will apply. Unclaimed awards will be held for 30 days.

UTMB® WORLD SERIES

For the 100M, 100K and 50K distances, the top 3 male and top 3 female runners will win a slot to the 2027 UTMB® World Series Finals race of the same category. Runners will be required to pay for that bib.

QUALIFYING POINTS

The 2026 Grindstone by UTMB 100M, 100K, 50K, and 21K will give runners running stones:

- 100M: 4 Running Stones
- 100K: 3 Running Stones
- 50K: 2 Running Stones
- 21K: 1 Running Stone

[CLICK HERE](#) for more information regarding the UTMB Performance Index.

PHOTOGRAPHY

FinisherPix will have multiple photographers along the course to document your journey.

HOW TO ORDER YOUR PIX

- Register your e-mail address at WWW.FINISHERPIX.COM to be notified as soon as photos are online.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit WWW.FINISHERPIX.COM to view, order, and share your photos from the event.



TUDOR



BLACK BAY 58

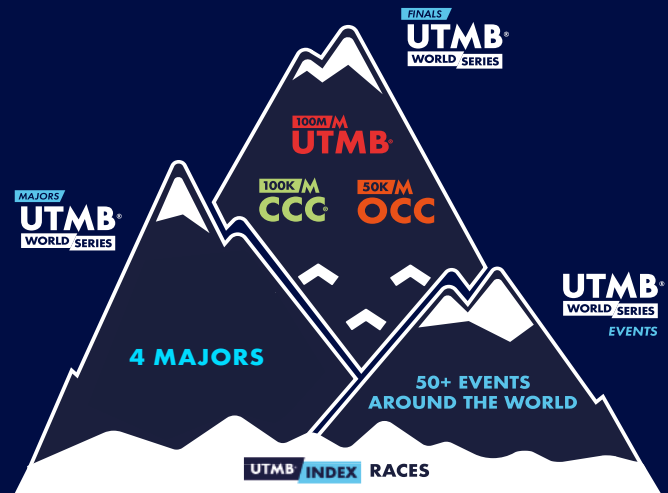
What is it that drives someone to greatness? To take on the unknown, venture into the unseen, and dare all? This is the spirit that gave birth to TUDOR. This is the spirit embodied by every TUDOR Watch. Including the TUDOR Black Bay 58, a 39mm diameter stainless steel diving watch with a Manufacture Caliber and a vintage feel. Some are born to follow. Others are born to dare.

**BORN TO
DARE**

MEET YOUR EXTRAORDINARY

Uniting trail runners, both elite and amateur alike, through the leading international events in the most stunning locations.

The UTMB® World Series gives all trail runners the chance to experience UTMB® adventure across the world, discovering cultures and sharing trails as they start their quest towards the UTMB® World Series Finals at the pinnacle HOKA UTMB® Mont-Blanc.



FINALS

The mythic **HOKA UTMB Mont-Blanc** is the world's most well-known and revered trail running event on the planet.

In the heart of the Alps, the prestigious **UTMB World Series Finals** are held in 3 categories: the **OCC (50K)**, **CCC® (100K)** and **UTMB® (100M)** every year at the end of August in Chamonix, France.

MAJORS

Four **UTMB World Series Majors**, are held each year across the Americas, Europe, Asia-Pacific and Oceania regions.

Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total, 210 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.

EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains, with sustainability at its heart, UTMB World Series Events, gives all trail runners the chance to experience the UTMB adventure while showcasing the unique aspects that each race destination offers at over 60 Events around the world.



BEGIN YOUR QUEST TO HOKA UTMB MONT-BLANC AND THE UTMB WORLD SERIES FINALS.



RUNNING STONES: BOOST YOUR CHANCES FOR THE UTMB WORLD SERIES FINALS

Earn Running Stones by completing races in the 20K, 50K, 100K, or 100M categories at any UTMB World Series Event or Major.

- ✓ Running Stones are cumulative and never expire, so you can collect as many as you like over time.
- ✓ You'll need just 1 Running Stone from the past two years to qualify for the Finals lottery.
- ✓ Each Running Stone gives you an extra chance to be selected in the lottery.

Start your journey, gather your Running Stones, and unlock the path to the UTMB World Series Finals!

UTMB INDEX

YOUR TRAIL RUNNING PASSPORT

The **UTMB Index** measures a runner's performance across four race categories: **20K, 50K, 100K, and 100M**, as well as an overall score.

IT'S ESSENTIAL FOR:

- ✓ **Entering the UTMB World Series Finals lottery** (with at least 1 Running Stone).
- ✓ **Defining your start wave** to ensure the best race experience.
- ✓ **Exclusive Race Access:** You benefit from a 48-hour priority registration to UTMB World Series Events. And for some **100K and 100M events** require a valid UTMB Index for safety or lottery pre-registration.

HOW IT WORKS:

- ✓ Your UTMB Index is based on your **top 5 race results** (weighted for recency and performance) over the last **36 months**. At least **1 valid race result** in the past **24 months** is required for a valid UTMB Index.
- ✓ With over **6,000 races worldwide** they are plenty of opportunities to boost your UTMB Index.

Ready to level up your trail running?
Validate or improve your UTMB Index today!

CHECK IT OUT AT [UTMB.WORLD](https://utmb.world)

CREATE YOUR **MY UTMB** ACCOUNT

- ✓ Track your performance
- ✓ Compare your stats
- ✓ Manage your registrations

AND WITH **MY UTMB+** YOUR COMMITMENT IS REWARDED:

✓
Enjoy and
get involved

✓
Level up
your status

✓
Unlock
exclusive
rewards

Manage everything in one place:

- Track your Running Stones and UTMB® Index.
- View your race results and performance stats.
- Check upcoming race registrations.
- Share your achievements with friends.

START YOUR JOURNEY AT [UTMB.WORLD](https://utmb.world)

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-  Situational Awareness
-  Open-Ear Comfort
-  IP68 Water Resistant
-  Up to 10 Hours batterie life



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WORLD SERIES



OFFICIAL FOOTCARE

**NO
FINISH LINE
WITHOUT
FOOTCARE**



PEDICURE

3 weeks before

TANNING

Apply from D-20 to D-10
Alternate lemon juice and
ANTI-FRICTION cream every evening

**ANTI-FRICTION
CREAM**

From D-10 to D-day
Apply cream generously every day

**#nofinishline
withoutfootcare**

VOLUNTEER INCENTIVE PROGRAM

Sign up to volunteer and become a part of our race family! Once you volunteer you will be automatically entered into our Volunteer Incentive Program where your hours served can be redeemed for discounted or complimentary entries into one of UTMB's North American events. Get involved, give back, and run with us!

LEADING ROLES

- Automatic complimentary entry towards a 100M, 100K, 50K, 20K, or 10K event.
- Leading Roles are assigned by the Volunteer Director and may vary by event. These positions are essential to race operations, runner safety, or volunteer management. A Leading Role may be noted in the shift description or identified at shift end when selecting incentives.

SUPPORTIVE ROLES

Supportive Roles are all volunteer positions outside the defined Leading Roles designated by the Volunteer Director.

LEVEL 4 - SUMMIT

- Volunteer Swag: T-shirt and food & drink voucher.
- Complimentary entry towards a 100M, 100K, 50K, 20K, or 10K.

LEVEL 3 - PEAK

- Volunteer Swag: T-shirt and food & drink voucher
- 30% off registration fee for any event and distance

LEVEL 2 - RIDGELINE

- Volunteer Swag: T-shirt and food & drink voucher
- 20% off the first-tier pricing for any event and distance

LEVEL 1 - BASECAMP

- Volunteer Swag: T-shirt and food & drink voucher
- 10% off the first-tier pricing for any event and distance

If you or anyone traveling with you is interested in volunteering, please [CLICK HERE!](#)

VOLUNTEER

Our volunteers allow us to do what we do! Please be sure to thank the volunteers that help you along your journey. All volunteers will receive swag and early entry to future Grindstone by UTMB events.




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OF RESILIENCE**

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GENERAL RULES

1. Throughout the duration of the race, each runner must have with them all of their mandatory equipment.
2. No aid between aid stations. The race organizer only provides water and electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the next aid station.
3. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator zones.
4. Runners are not allowed to participate with a dog or any other animal, including service animals.
5. Littering is NOT allowed outside 100' of aid stations. Throwing a wrapper down outside these parameters, is subject to disqualification.
6. NO STEPPING on vegetation off the trail. Once again, it's pristine, let's keep it that way.
7. No special Drop Bag service from crew.
8. If using headphones, maintain awareness of surroundings and remove headphones when approaching aid stations, road crossings, course marshals, or emergency personnel.
9. Any runner seen cutting a switchback will be disqualified.
10. Any foreign runner who earns cash, will be subject to tax initially when paid on race day.
11. Runners can drop from the race at any accessible aid station and they **MUST** let the Aid Station Captain know that they are dropping.
12. [CLICK HERE](#) to review the Anti-Doping policy.



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